

ISD 518

Apr 1, 2019 thru May 3, 2019

Base Menu Spreadsheet

Middle School Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/01/2019																
Middle School Lunch	Total	1														
Mini Corn Dogs	1 serving	1	255	23	660	1.50	1.08	0.0	0	0.0	6	9.0	27.0	12.0	2.28	0.00
Lasagna	4 oz	1	647	96	763	4.39	2.04	345.0	4	0.18	7	45.3	52.51	28.82	14.78	*1.91
Chef Salad, MS	1 Serving	1	258	43	656	3.97	2.35	31.0	8187	3.76	1	16.16	24.09	11.28	5.03	0.00
Veggie Sticks	1/4 Cup	1	5	0	9	0.33	0.04	4.6	1529	1.48	1	0.14	1.05	0.03	0.01	*0.00
Green Beans, Frozen	1/2 Cup	1	19	0	1	2.00	0.00	0.0	0	0.0	1	1.0	4.0	0.0	0.00	0.00
Pears Diced	1/2 cup	1	60	0	5	2.00	0.36	0.0	0	0.0	12	0.0	16.0	0.0	0.00	0.00
Bread & Butter	Sandwich	1	161	*0	216	*2.00	*0.72	*150.0	*0	*0.0	*2	*3.0	*11.0	12.14	2.53	2.53
Milk, ISD 518	Half Pints	1	114	6	161	0.00	0.00	250.0	750	0.0	16	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			1519	*168	2471	*16.20	*6.60	*780.6	*10470	*5.43	*46	*82.60	*153.06	64.95	25.03	*4.44
% of Calories											*12.0%	*21.8%	*40.3%	38.5%	14.8%	*2.6%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Tue - 04/02/2019																
Middle School Lunch	Total	1														
Taco, Soft Shell	2 oz	1	358	62	495	0.23	0.23	12.4	142	0.59	*1	21.89	25.57	17.9	6.29	*2.39
Chicken Wrap	Wraps	1	265	61	950	0.00	0.00	0.0	0	0.0	1	24.67	23.99	7.49	3.74	0.00
Chef Salad, MS	1 Serving	1	258	43	656	3.97	2.35	31.0	8187	3.76	1	16.16	24.09	11.28	5.03	0.00
Veggie Sticks	1/4 Cup	1	5	0	9	0.33	0.04	4.6	1529	1.48	1	0.14	1.05	0.03	0.01	*0.00
Refried Beans	1/2 Cup	1	140	0	138	9.00	1.80	42.8	0	1.2	0	9.0	25.0	0.5	0.00	*0.00
Mixed Fruit	1/2 Cup	1	60	0	5	1.00	0.00	0.0	0	0.0	12	0.0	15.0	0.0	0.00	0.00
Milk, ISD 518	Half Pints	1	114	6	161	0.00	0.00	250.0	750	0.0	16	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			1201	172	2415	14.53	4.42	340.9	10609	7.03	*31	79.85	132.12	37.87	15.47	*2.39
% of Calories											*10.5%	26.6%	44.0%	28.4%	11.6%	*1.8%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Wed - 04/03/2019																
Middle School Lunch	Total	1														
Cheezy Bread	servings	1	483	60	325	3.07	2.25	802.0	807	0.05	3	32.06	29.29	22.11	12.49	*0.00
Meatball Sub, Prairie	Sandwich	1	370	35	614	4.75	3.60	240.0	100	1.2	10	20.75	42.51	14.0	4.25	0.00
Chef Salad, MS	1 Serving	1	258	43	656	3.97	2.35	31.0	8187	3.76	1	16.16	24.09	11.28	5.03	0.00
Veggie Sticks	1/4 Cup	1	5	0	9	0.33	0.04	4.6	1529	1.48	1	0.14	1.05	0.03	0.01	*0.00
Carrots, Frozen	1/2 cup	1	27	24	43	2.00	0.00	0.0	0	0.0	3	0.0	6.0	1.0	0.00	0.00
Applesauce	1/2 cup	1	51	0	2	1.00	0.00	0.0	0	0.0	11	0.0	14.0	0.0	0.00	0.00
Milk, ISD 518	Half Pints	1	114	6	161	0.00	0.00	250.0	750	0.0	16	8.0	17.41	0.67	0.40	0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			1308	168	1810	15.12	8.24	1327.6	11374	6.50	44	77.10	134.35	49.10	22.18	*0.00
% of Calories											13.4%	23.6%	41.1%	33.8%	15.3%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Thu - 04/04/2019																
Middle School Lunch	Total	1														
Chicken Gravy & Potato	1/2 cup/1/2 cup	1	291	52	506	1.22	0.96	26.6	348	30.24	*1	18.2	23.13	13.64	4.53	*0.00
Yogurt/String Cheese Prairie	Servings	1	180	25	255	1.00	0.00	200.0	300	0.0	15	10.0	19.0	7.0	0.00	0.00
Chef Salad, MS	1 Serving	1	258	43	656	3.97	2.35	31.0	8187	3.76	1	16.16	24.09	11.28	5.03	0.00
Veggie Sticks	1/4 Cup	1	5	0	9	0.33	0.04	4.6	1529	1.48	1	0.14	1.05	0.03	0.01	*0.00
Peas, Frozen, Green	1/2 cup	1	62	0	58	4.40	22.68	190.0	1680	7.9	4	4.12	11.41	0.22	0.04	0.00
Mixed Fruit	1/2 Cup	1	60	0	5	1.00	0.00	0.0	0	0.0	12	0.0	15.0	0.0	0.00	0.00
Dinner Roll	Roll	1	110	0	135	2.00	1.08	80.0	0	0.0	3	4.0	20.0	1.5	0.00	0.00
Milk, ISD 518	Half Pints	1	114	6	161	0.00	0.00	250.0	750	0.0	16	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			1080	127	1785	13.92	27.11	782.2	12795	43.38	*52	60.62	131.10	34.35	10.01	*0.00
% of Calories											*19.3%	22.5%	48.6%	28.6%	8.3%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Fri - 04/05/2019																
Middle School Lunch	Total	1														
Shrimp Poppers	One Cup	1	230	60	490	3.00	1.80	60.0	0	0.0	1	9.0	22.0	11.0	1.50	0.00
Scalloped Potato w/Ham	3/4 Cup	1	191	17	810	2.00	1.61	44.1	118	5.99	4	8.4	25.49	6.08	2.35	*0.00
Chef Salad, MS	1 Serving	1	258	43	656	3.97	2.35	31.0	8187	3.76	1	16.16	24.09	11.28	5.03	0.00
Veggie Sticks	1/4 Cup	1	5	0	9	0.33	0.04	4.6	1529	1.48	1	0.14	1.05	0.03	0.01	*0.00
Broccoli, Frozen	1/2 Cup	1	26	0	22	3.00	0.00	0.0	0	0.0	1	3.0	5.0	0.0	0.00	0.00
Pineapple	1/2 cup	1	70	0	10	1.00	0.36	20.0	0	12.0	14	1.0	17.0	0.0	0.00	0.00
Bread & Butter	Sandwich	1	161	*0	216	*2.00	*0.72	*150.0	*0	*0.0	*2	*3.0	*11.0	12.14	2.53	2.53
Milk, ISD 518	Half Pints	1	114	6	161	0.00	0.00	250.0	750	0.0	16	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			1055	*127	2374	*15.30	*6.89	*559.7	*10585	*23.23	*40	*48.69	*123.05	41.21	11.82	*2.53
% of Calories											*15.0%	*18.5%	*46.6%	35.1%	10.1%	*2.2%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/08/2019																
Middle School Lunch	Total	1														
Hot Pork Sandwich	Serving	1	424	110	1059	2.81	1.01	170.9	146	24.35	4	29.72	28.73	15.98	5.70	*0.00
Chicken Salad Sandwich	3 oz	1	430	96	771	3.07	2.50	50.3	451	0.14	*9	23.35	40.52	19.34	7.19	*0.00
Chef Salad, MS	1 Serving	1	258	43	656	3.97	2.35	31.0	8187	3.76	1	16.16	24.09	11.28	5.03	0.00
Veggie Sticks	1/4 Cup	1	5	0	9	0.33	0.04	4.6	1529	1.48	1	0.14	1.05	0.03	0.01	*0.00
Carrots, Frozen	1/2 cup	1	27	24	43	2.00	0.00	0.0	0	0.0	3	0.0	6.0	1.0	0.00	0.00
Pears Diced	1/2 cup	1	60	0	5	2.00	0.36	0.0	0	0.0	12	0.0	16.0	0.0	0.00	0.00
Milk, ISD 518	Half Pints	1	114	6	161	0.00	0.00	250.0	750	0.0	16	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			1318	279	2704	14.19	6.26	506.8	11063	29.73	*46	77.36	133.81	48.31	18.33	*0.00
% of Calories											*13.9%	23.5%	40.6%	33.0%	12.5%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Tue - 04/09/2019																
Middle School Lunch	Total	1														
BBQ on Bun	Sandwich	1	351	52	506	3.38	2.12	236.1	246	2.59	*9	20.5	37.85	14.03	3.99	*1.99
Chicken Fajitas	Fajita	1	345	87	961	0.83	1.59	215.1	356	2.4	3	31.15	27.03	10.9	6.32	0.00
Chef Salad, MS	1 Serving	1	258	43	656	3.97	2.35	31.0	8187	3.76	1	16.16	24.09	11.28	5.03	0.00
Veggie Sticks	1/4 Cup	1	5	0	9	0.33	0.04	4.6	1529	1.48	1	0.14	1.05	0.03	0.01	*0.00
Baked Beans	1/2 cup	1	140	0	370	6.00	1.80	40.0	0	0.0	12	5.0	30.0	0.5	0.00	0.00
Mandarin Oranges	1/2 cup	1	80	0	20	1.00	0.36	20.0	300	21.0	*N/A*	0.99	20.01	0.0	0.00	*N/A*
Milk, ISD 518	Half Pints	1	114	6	161	0.00	0.00	250.0	750	0.0	16	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			1294	188	2683	15.52	8.27	796.8	11369	31.23	*41	81.93	157.44	37.41	15.75	*1.99
% of Calories											*12.8%	25.3%	48.7%	26.0%	11.0%	*1.4%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Wed - 04/10/2019																
Middle School Lunch	Total	1														
Teriyaki Chicken	Serving	1	93	61	214	0.00	0.77	0.0	0	0.0	5	10.0	6.43	3.21	0.71	0.00
Grilled Cheese Sandwich	Sandwich	1	256	*25	519	*4.00	*1.44	*451.9	*304	*0.0	*5	*11.06	*24.03	13.79	5.67	0.61
Chef Salad, MS	1 Serving	1	258	43	656	3.97	2.35	31.0	8187	3.76	1	16.16	24.09	11.28	5.03	0.00
Veggie Sticks	1/4 Cup	1	5	0	9	0.33	0.04	4.6	1529	1.48	1	0.14	1.05	0.03	0.01	*0.00
Broccoli, Frozen	1/2 Cup	1	26	0	22	3.00	0.00	0.0	0	0.0	1	3.0	5.0	0.0	0.00	0.00
Pineapple	1/2 cup	1	70	0	10	1.00	0.36	20.0	0	12.0	14	1.0	17.0	0.0	0.00	0.00
Rice, Cooked Brown	1/2 CUP	1	173	0	150	2.06	0.74	1.8	40	0.0	0	4.12	34.02	2.44	0.36	*0.00
Milk, ISD 518	Half Pints	1	114	6	161	0.00	0.00	250.0	750	0.0	16	8.0	17.41	0.67	0.40	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			994	*135	1741	*14.37	*5.71	*759.3	*10811	*17.24	*42 *17.1%	*53.48 *21.5%	*129.03 *51.9%	31.42 28.4%	12.19 11.0%	*0.61 *0.5%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Thu - 04/11/2019																
Middle School Lunch	Total	1														
Fiestada Pizza	slice	1	340	25	860	4.00	3.60	250.0	500	0.0	9	16.0	38.0	14.0	6.00	0.00
Ham Stacker	Sandwiche	1	283	58	862	3.00	2.70	200.0	0	1.0	5	21.51	32.82	8.23	2.74	0.00
Chef Salad, MS	1 Serving	1	258	43	656	3.97	2.35	31.0	8187	3.76	1	16.16	24.09	11.28	5.03	0.00
Veggie Sticks	1/4 Cup	1	5	0	9	0.33	0.04	4.6	1529	1.48	1	0.14	1.05	0.03	0.01	*0.00
CORN: frozen, yellow	1/2 CUP	1	67	0	1	1.98	0.39	2.5	164	2.89	3	2.1	15.92	0.55	0.08	*N/A*
Mixed Fruit	1/2 Cup	1	60	0	5	1.00	0.00	0.0	0	0.0	12	0.0	15.0	0.0	0.00	0.00
Milk, ISD 518	Half Pints	1	114	6	161	0.00	0.00	250.0	750	0.0	16	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average % of Calories			1127	132	2553	14.29	9.09	738.1	11131	9.13	46 16.3%	63.91 22.7%	144.30 51.2%	34.77 27.8%	14.26 11.4%	*0.00 *0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Fri - 04/12/2019																
Middle School Lunch	Total	1														
Max Cheese Stick	Servings	1	316	10	876	4.64	2.39	306.5	361	4.84	8	14.65	36.9	12.48	4.00	0.00
Goulash	1 cup	1	318	*53	456	5.31	5.21	30.1	663	102.44	*1	21.15	35.46	11.09	3.77	*0.00
Chef Salad, MS	1 Serving	1	258	43	656	3.97	2.35	31.0	8187	3.76	1	16.16	24.09	11.28	5.03	0.00
Veggie Sticks	1/4 Cup	1	5	0	9	0.33	0.04	4.6	1529	1.48	1	0.14	1.05	0.03	0.01	*0.00
Green Beans, Frozen	1/2 Cup	1	19	0	1	2.00	0.00	0.0	0	0.0	1	1.0	4.0	0.0	0.00	0.00
Peaches, Diced	1/2 Cup	1	60	0	10	0.00	0.00	0.0	300	1.2	11	0.0	14.0	0.0	0.00	0.00
Bread & Butter	Sandwiche	1	161	*0	216	*2.00	*0.72	*150.0	*0	*0.0	*2	*3.0	*11.0	12.14	2.53	2.53
Milk, ISD 518	Half Pints	1	114	6	161	0.00	0.00	250.0	750	0.0	16	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average % of Calories			1251	*112	2385	*18.26	*10.72	*772.2	*11792	*113.72	*40 *12.9%	*64.09 *20.5%	*143.92 *46.0%	47.70 34.3%	15.74 11.3%	*2.53 *1.8%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/15/2019																
Middle School Lunch	Total	1														
Chicken Sandwich, Breaded	Sandwich	1	420	50	800	4.00	3.60	220.0	0	0.0	4	24.0	44.0	17.0	3.50	0.00
Beef & Bean Burrito	Burrito	1	366	39	865	2.57	3.18	2654.9	434	1.51	*3	22.46	37.36	12.69	6.35	*0.00
Chef Salad, MS	1 Serving	1	258	43	656	3.97	2.35	31.0	8187	3.76	1	16.16	24.09	11.28	5.03	0.00
Veggie Sticks	1/4 Cup	1	5	0	9	0.33	0.04	4.6	1529	1.48	1	0.14	1.05	0.03	0.01	*0.00
Green Beans, Frozen	1/2 Cup	1	19	0	1	2.00	0.00	0.0	0	0.0	1	1.0	4.0	0.0	0.00	0.00
Applesauce	1/2 cup	1	51	0	2	1.00	0.00	0.0	0	0.0	11	0.0	14.0	0.0	0.00	0.00
Milk, ISD 518	Half Pints	1	114	6	161	0.00	0.00	250.0	750	0.0	16	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			1233	138	2494	13.88	9.17	3160.5	10901	6.75	*37	71.76	141.91	41.68	15.29	*0.00
% of Calories											*11.9%	23.3%	46.0%	30.4%	11.2%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Tue - 04/16/2019																
Middle School Lunch	Total	1														
Walking Taco	Servings	1	370	53	573	2.23	2.23	78.7	242	0.59	*2	18.0	28.57	22.35	5.15	*0.00
Hot Ham & Cheese Sandwich, MS	Sandwich	1	298	63	847	3.00	2.70	200.0	0	1.0	5	21.0	32.83	10.25	3.75	0.00
Chef Salad, MS	1 Serving	1	258	43	656	3.97	2.35	31.0	8187	3.76	1	16.16	24.09	11.28	5.03	0.00
Veggie Sticks	1/4 Cup	1	5	0	9	0.33	0.04	4.6	1529	1.48	1	0.14	1.05	0.03	0.01	*0.00
Refried Beans	1/2 Cup	1	140	0	138	9.00	1.80	42.8	0	1.2	0	9.0	25.0	0.5	0.00	*0.00
Pears Diced	1/2 cup	1	60	0	5	2.00	0.36	0.0	0	0.0	12	0.0	16.0	0.0	0.00	0.00
Milk, ISD 518	Half Pints	1	114	6	161	0.00	0.00	250.0	750	0.0	16	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			1245	165	2388	20.53	9.49	607.2	10709	8.03	*36	72.29	144.96	45.09	14.34	*0.00
% of Calories											*11.5%	23.2%	46.6%	32.6%	10.4%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Wed - 04/17/2019																
Middle School Lunch	Total	1														
Cheeseburger on Bun	EACH	1	340	37	688	4.00	3.60	220.0	100	1.2	5	21.96	33.99	13.47	4.98	0.00
Baked Potato	Potato	1	321	32	429	3.81	3.31	5166.0	375	16.61	2	19.74	37.73	10.6	6.64	*0.00
Chef Salad, MS	1 Serving	1	258	43	656	3.97	2.35	31.0	8187	3.76	1	16.16	24.09	11.28	5.03	0.00
Veggie Sticks	1/4 Cup	1	5	0	9	0.33	0.04	4.6	1529	1.48	1	0.14	1.05	0.03	0.01	*0.00
Broccoli, Frozen	1/2 Cup	1	26	0	22	3.00	0.00	0.0	0	0.0	1	3.0	5.0	0.0	0.00	0.00
Mixed Fruit	1/2 Cup	1	60	0	5	1.00	0.00	0.0	0	0.0	12	0.0	15.0	0.0	0.00	0.00
Bread & Butter	Sandwich	1	161	*0	216	*2.00	*0.72	*150.0	*0	*0.0	*2	*3.0	*11.0	12.14	2.53	2.53
Milk, ISD 518	Half Pints	1	114	6	161	0.00	0.00	250.0	750	0.0	16	8.0	17.41	0.67	0.40	0.00

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* - denotes combined nutrient totals with either missing or incomplete nutrient data

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ISD 518

Apr 1, 2019 thru May 3, 2019

Base Menu Spreadsheet

Middle School Lunch

Weighted Values - Detailed

Generated on: 4/1/2019 6:45:05 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			1285	*119	2187	*18.11	*10.02	*5821.5	*10942	*23.05	*39	*72.00	*145.27	48.20	19.59	*2.53
% of Calories											*12.3%	*22.4%	*45.2%	33.8%	13.7%	*1.8%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Thu - 04/18/2019																
Middle School Lunch	Total	1														
Chicken & Noodles ISD 518	1 Cup	1	186	55	128	0.84	0.84	5.3	81	0.02	2	19.6	16.77	4.99	0.99	*0.49
Meatloaf	3 OZ.	1	170	40	160	1.00	1.80	20.0	100	4.8	2	15.0	4.0	10.0	4.00	0.00
Chef Salad, MS	1 Serving	1	258	43	656	3.97	2.35	31.0	8187	3.76	1	16.16	24.09	11.28	5.03	0.00
Veggie Sticks	1/4 Cup	1	5	0	9	0.33	0.04	4.6	1529	1.48	1	0.14	1.05	0.03	0.01	*0.00
Mashed Potatoes	1/2 cup	1	110	0	146	1.01	0.36	23.7	146	30.2	1	2.01	17.11	4.21	1.31	*0.00
Mandarin Oranges	1/2 cup	1	80	0	20	1.00	0.36	20.0	300	21.0	*N/A*	0.99	20.01	0.0	0.00	*N/A*
Dinner Roll	Roll	1	110	0	135	2.00	1.08	80.0	0	0.0	3	4.0	20.0	1.5	0.00	0.00
Milk, ISD 518	Half Pints	1	114	6	161	0.00	0.00	250.0	750	0.0	16	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			1033	144	1415	10.15	6.84	434.5	11094	61.27	*25	65.89	120.44	32.69	11.74	*0.49
% of Calories											*9.8%	25.5%	46.7%	28.5%	10.2%	*0.4%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Fri - 04/19/2019																
Middle School Lunch	Total	1														
NO SCHOOL	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Mon - 04/22/2019																
Middle School Lunch	Total	1														
Digital Learning Day	Day	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
% of Calories												*N/A%*	*N/A%*	*N/A%*	*N/A%*	*N/A%*
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/23/2019																
Middle School Lunch	Total	1														
Taco, Hard Shell	2 oz	1	350	62	285	1.11	1.18	30.1	142	0.59	*1	18.65	20.27	20.59	7.44	*2.39
Egg Roll/String Cheese	1 Roll/1 S tick	1	270	50	540	3.00	1.80	60.0	1050	6.0	3	16.0	20.0	14.0	2.00	0.00
Chef Salad, MS	1 Serving	1	258	43	656	3.97	2.35	31.0	8187	3.76	1	16.16	24.09	11.28	5.03	0.00
Veggie Sticks	1/4 Cup	1	5	0	9	0.33	0.04	4.6	1529	1.48	1	0.14	1.05	0.03	0.01	*0.00
Refried Beans	1/2 Cup	1	140	0	138	9.00	1.80	42.8	0	1.2	0	9.0	25.0	0.5	0.00	*0.00
Pears Diced	1/2 cup	1	60	0	5	2.00	0.36	0.0	0	0.0	12	0.0	16.0	0.0	0.00	0.00
Bread & Butter	Sandwiche	1	161	*0	216	*2.00	*0.72	*150.0	*0	*0.0	*2	*3.0	*11.0	12.14	2.53	2.53
Milk, ISD 518	Half Pints	1	114	6	161	0.00	0.00	250.0	750	0.0	16	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			1358	*161	2010	*21.42	*8.25	*568.6	*11659	*13.03	*35	*70.95	*134.82	59.22	17.41	*4.92
% of Calories											*10.4%	*20.9%	*39.7%	39.2%	11.5%	*3.3%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/24/2019																
Middle School Lunch	Total	1														
Crispy Chicken Leg	Piece	1	190	50	450	1.00	1.08	20.0	100	1.2	0	16.0	5.0	11.0	2.50	0.00
Yogurt/String Cheese	6 oz	1	180	25	250	0.00	0.36	200.0	1050	0.0	*0	12.0	16.0	7.0	0.00	0.00
Chef Salad, MS	1 Serving	1	258	43	656	3.97	2.35	31.0	8187	3.76	1	16.16	24.09	11.28	5.03	0.00
Veggie Sticks	1/4 Cup	1	5	0	9	0.33	0.04	4.6	1529	1.48	1	0.14	1.05	0.03	0.01	*0.00
Mashed Potatoes/Country Gravy	1/2 CUP/ 1/4 CUP	1	152	*0	383	*1.17	*0.44	*27.2	*0	*35.07	*1	*2.34	*24.83	5.37	1.72	0.73
CORN: frozen, yellow	1/2 CUP	1	67	0	1	1.98	0.39	2.5	164	2.89	3	2.1	15.92	0.55	0.08	*N/A*
Mixed Fruit	1/2 Cup	1	60	0	5	1.00	0.00	0.0	0	0.0	12	0.0	15.0	0.0	0.00	0.00
Dinner Roll	Roll	1	110	0	135	2.00	1.08	80.0	0	0.0	3	4.0	20.0	1.5	0.00	0.00
Milk, ISD 518	Half Pints	1	114	6	161	0.00	0.00	250.0	750	0.0	16	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			1136	*124	2050	*11.46	*5.74	*615.3	*11781	*44.40	*36	*60.73	*139.31	37.41	9.75	*0.73
% of Calories											*12.7%	*21.4%	*49.0%	29.6%	7.7%	*0.6%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

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ISD 518

Apr 1, 2019 thru May 3, 2019

Base Menu Spreadsheet

Middle School Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/25/2019																
Middle School Lunch	Total	1														
Pulled Pork Sand.	Sandwich	1	388	100	752	3.00	1.80	200.0	0	0.0	4	28.0	31.0	12.0	4.00	0.00
Grilled Chicken Sandwich	Sandwich	1	300	60	950	3.00	1.80	200.0	0	0.0	6	24.0	35.0	8.0	2.00	0.00
Chef Salad, MS	1 Serving	1	258	43	656	3.97	2.35	31.0	8187	3.76	1	16.16	24.09	11.28	5.03	0.00
Veggie Sticks	1/4 Cup	1	5	0	9	0.33	0.04	4.6	1529	1.48	1	0.14	1.05	0.03	0.01	*0.00
Green Beans, Frozen	1/2 Cup	1	19	0	1	2.00	0.00	0.0	0	0.0	1	1.0	4.0	0.0	0.00	0.00
Pineapple	1/2 cup	1	70	0	10	1.00	0.36	20.0	0	12.0	14	1.0	17.0	0.0	0.00	0.00
Milk, ISD 518	Half Pints	1	114	6	161	0.00	0.00	250.0	750	0.0	16	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			1154	209	2539	13.31	6.35	705.6	10467	17.24	42	78.29	129.55	31.99	11.44	*0.00
% of Calories											14.7%	27.1%	44.9%	24.9%	8.9%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Fri - 04/26/2019																
Middle School Lunch	Total	1														
French Bread Cheese Pizza	Piece	1	300	20	570	3.00	1.80	300.0	500	6.0	4	14.0	34.0	11.0	4.00	0.00
Philly Cheese Steak	Sandwich	1	313	55	1093	3.40	3.71	220.0	200	0.0	2	27.3	33.5	8.45	4.60	0.00
Chef Salad, MS	1 Serving	1	258	43	656	3.97	2.35	31.0	8187	3.76	1	16.16	24.09	11.28	5.03	0.00
Veggie Sticks	1/4 Cup	1	5	0	9	0.33	0.04	4.6	1529	1.48	1	0.14	1.05	0.03	0.01	*0.00
Broccoli, Frozen	1/2 Cup	1	26	0	22	3.00	0.00	0.0	0	0.0	1	3.0	5.0	0.0	0.00	0.00
Peaches, Diced	1/2 Cup	1	60	0	10	0.00	0.00	0.0	300	1.2	11	0.0	14.0	0.0	0.00	0.00
Milk, ISD 518	Half Pints	1	114	6	161	0.00	0.00	250.0	750	0.0	16	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			1076	124	2520	13.71	7.90	805.6	11467	12.44	36	68.59	129.06	31.44	14.04	*0.00
% of Calories											13.2%	25.5%	48.0%	26.3%	11.7%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Mon - 04/29/2019																
Middle School Lunch	Total	1														
Pizza (Smart) Cheese	4x6	1	290	15	540	4.00	2.70	300.0	500	0.0	15	15.0	34.0	11.0	4.00	0.00
Fish Sandwich	Sandwich	1	380	50	560	3.60	2.52	200.0	0	3.6	4	20.0	44.0	15.0	2.00	0.00
Chef Salad, MS	1 Serving	1	258	43	656	3.97	2.35	31.0	8187	3.76	1	16.16	24.09	11.28	5.03	0.00
Veggie Sticks	1/4 Cup	1	5	0	9	0.33	0.04	4.6	1529	1.48	1	0.14	1.05	0.03	0.01	*0.00
Carrots, Frozen	1/2 cup	1	27	24	43	2.00	0.00	0.0	0	0.0	3	0.0	6.0	1.0	0.00	0.00
Pineapple	1/2 cup	1	70	0	10	1.00	0.36	20.0	0	12.0	14	1.0	17.0	0.0	0.00	0.00
Milk, ISD 518	Half Pints	1	114	6	161	0.00	0.00	250.0	750	0.0	16	8.0	17.41	0.67	0.40	0.00

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ISD 518

Apr 1, 2019 thru May 3, 2019

Base Menu Spreadsheet

Middle School Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			1144	138	1979	14.91	7.97	805.6	10967	20.84	53 18.7%	60.29 21.1%	143.55 50.2%	38.99 30.7%	11.44 9.0%	*0.00 *0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Tue - 04/30/2019																
Middle School Lunch	Total	1														
Nachos with Beef	Servings	1	537	71	681	2.25	1.12	184.9	233	0.59	*1	23.22	42.42	31.77	8.87	*2.39
Turkey Wrap	wraps	1	276	44	788	0.00	0.96	16.0	30	5.2	1	24.0	26.0	8.0	3.00	0.00
Chef Salad, MS	1 Serving	1	258	43	656	3.97	2.35	31.0	8187	3.76	1	16.16	24.09	11.28	5.03	0.00
Veggie Sticks	1/4 Cup	1	5	0	9	0.33	0.04	4.6	1529	1.48	1	0.14	1.05	0.03	0.01	*0.00
Refried Beans	1/2 Cup	1	140	0	138	9.00	1.80	42.8	0	1.2	0	9.0	25.0	0.5	0.00	*0.00
Mixed Fruit	1/2 Cup	1	60	0	5	1.00	0.00	0.0	0	0.0	12	0.0	15.0	0.0	0.00	0.00
Milk, ISD 518	Half Pints	1	114	6	161	0.00	0.00	250.0	750	0.0	16	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average % of Calories			1390	164	2438	16.56	6.27	529.3	10730	12.23	*31 *9.0%	80.51 23.2%	150.97 43.4%	52.26 33.8%	17.31 11.2%	*2.39 *1.5%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Wed - 05/01/2019																
Middle School Lunch	Total	1														
Chicken Strips	3 Strips	1	220	35	370	2.00	1.80	20.0	0	0.0	1	16.0	11.0	13.0	3.00	0.00
Pork Pattie	Pattie	1	145	45	384	0.89	1.10	30.6	159	2.01	0	11.67	7.1	8.75	3.02	0.00
Chef Salad, MS	1 Serving	1	258	43	656	3.97	2.35	31.0	8187	3.76	1	16.16	24.09	11.28	5.03	0.00
Veggie Sticks	1/4 Cup	1	5	0	9	0.33	0.04	4.6	1529	1.48	1	0.14	1.05	0.03	0.01	*0.00
Mashed Potatoes/Country Gravy	1/2 CUP/ 1/4 CUP	1	152	*0	383	*1.17	*0.44	*27.2	*0	*35.07	*1	*2.34	*24.83	5.37	1.72	0.73
Pears Diced	1/2 cup	1	60	0	5	2.00	0.36	0.0	0	0.0	12	0.0	16.0	0.0	0.00	0.00
Dinner Roll	1 Roll	1	110	0	135	2.00	1.08	80.0	0	0.0	3	4.0	20.0	1.5	0.00	0.00
Milk, ISD 518	Half Pints	1	114	6	161	0.00	0.00	250.0	750	0.0	16	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average % of Calories			1065	*129	2103	*12.36	*7.17	*443.4	*10626	*42.32	*35 *13.0%	*58.30 *21.9%	*121.49 *45.6%	40.60 34.3%	13.18 11.1%	*0.73 *0.6%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

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ISD 518

Apr 1, 2019 thru May 3, 2019

Base Menu Spreadsheet

Middle School Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/02/2019																
Middle School Lunch	Total	1														
Corn Dog:turkey	each	1	250	25	760	3.00	1.80	60.0	0	15.0	10	11.0	30.0	10.0	2.00	0.00
Chicken Alfredo	1 cup	1	227	43	518	1.11	1.46	11.6	0	0.06	*1	16.19	28.97	4.63	1.73	*0.00
Chef Salad, MS	1 Serving	1	258	43	656	3.97	2.35	31.0	8187	3.76	1	16.16	24.09	11.28	5.03	0.00
Veggie Sticks	1/4 Cup	1	5	0	9	0.33	0.04	4.6	1529	1.48	1	0.14	1.05	0.03	0.01	*0.00
Broccoli, Frozen	1/2 Cup	1	26	0	22	3.00	0.00	0.0	0	0.0	1	3.0	5.0	0.0	0.00	0.00
Applesauce	1/2 cup	1	51	0	2	1.00	0.00	0.0	0	0.0	11	0.0	14.0	0.0	0.00	0.00
Milk, ISD 518	Half Pints	1	114	6	161	0.00	0.00	250.0	750	0.0	16	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			931	118	2127	12.42	5.65	357.2	10467	20.30	*40	54.48	120.52	26.61	9.17	*0.00
% of Calories											*17.4%	23.4%	51.8%	25.7%	8.9%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Fri - 05/03/2019																
Middle School Lunch	Total	1														
Popcorn Chicken	12 piece	1	251	22	371	2.28	0.00	0.0	0	0.0	1	15.36	15.36	14.28	2.76	0.00
Egg Salad Sandwich	1/2 cup	1	391	457	603	2.51	3.32	94.2	833	0.0	*7	18.46	31.98	20.75	8.10	*0.00
Chef Salad, MS	1 Serving	1	258	43	656	3.97	2.35	31.0	8187	3.76	1	16.16	24.09	11.28	5.03	0.00
Veggie Sticks	1/4 Cup	1	5	0	9	0.33	0.04	4.6	1529	1.48	1	0.14	1.05	0.03	0.01	*0.00
Peas, Frozen, Green	1/2 cup	1	62	0	58	4.40	22.68	190.0	1680	7.9	4	4.12	11.41	0.22	0.04	0.00
Mandarin Oranges	1/2 cup	1	80	0	20	1.00	0.36	20.0	300	21.0	*N/A*	0.99	20.01	0.0	0.00	*N/A*
Jelly Sandwich	each	1	97	0	110	2.00	0.72	150.0	0	0.0	*2	3.0	20.0	1.0	0.00	*0.00
Milk, ISD 518	Half Pints	1	114	6	161	0.00	0.00	250.0	750	0.0	16	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			1258	528	1988	16.50	29.47	739.8	13280	34.14	*31	66.23	141.31	48.24	16.34	*0.00
% of Calories											*9.8%	21.1%	44.9%	34.5%	11.7%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Weighted Average			1144	*161	2132	*14.42	*8.86	*956.6	*10712	*25.07	*38	*65.37	*131.01	40.02	14.20	*1.05
											*29.7%	*22.9%	*45.8%	31.5%	11.2%	*0.8%

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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ISD 518

Apr 1, 2019 thru May 3, 2019

Base Menu Spreadsheet

Middle School Lunch

Weighted Values - Detailed

Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	1144		783	146%													
Cholesterol (mg)	161				Missing				2132								
Sodium (mg)	2132																
Fiber (g)	14.42				Missing												
Iron (mg)	8.86		4.50	197%	Missing												
Calcium (mg)	956.6		400.00	239%	Missing												
Vitamin A (IU)	10712		1500	714%	Missing												
Sugars (g)	38	13.18%			Missing												
Vitamin C (mg)	25.07		16.70	150%	Missing												
Protein (g)	65.37	22.86%	15.00	436%	Missing												
Carbohydrate (g)	131.01	45.82%			Missing												
Total Fat (g)	40.02	31.49%	<=30.00%														
Saturated Fat (g)	14.20	11.17%	<10.00%														
Trans Fat ¹ (g)	1.05	0.83%			Missing												

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient
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